FOR IMMEDIATE RELEASE
October 17, 2017

Contact: Melanie Collett
(208) 415-5108

Diabetes Prevention Program Launching New Group Course

HAYDEN, ID – Panhandle Health District (PHD) is launching its third National Diabetes Prevention Program (DPP) group, after remarkable progress helping dozens of Kootenai County residents lower their risk for Type 2 Diabetes.

DPP is a year-long lifestyle change program that provides a trained lifestyle coach, a CDC-approved curriculum and group support. “The group classes are a crucial part of the program,” says Alicia Keller, a Health Education Specialist at PHD. “Understanding your personal health and the severity of prediabetes is an important first step, but I’ve seen immense value in the peer support and learning from each other to eat better and be more physically active.”

Current DPP class participant, Deb Piller, says the program has changed her life for the better. “The classes are filled with tremendous information! The program and coaches provide an upbeat and diverse approach to healthy eating and exercise and open-minded discussions.”

An estimated 100,000 Idaho adults, or 8.4% of the adult population, live with diabetes and an estimated 84,000 Idaho adults, or 7.5% of the adult population, live with prediabetes. Diabetes is the seventh leading cause of death in Idaho and about one third of Idaho adults living with diabetes do not know they have the disease.

Kootenai County residents eligible for the program must be prediabetic or at risk for Type 2 Diabetes. Risks include, being overweight, over 45 years of age, having a family history of Type 2 Diabetes, limited physical activity, gestational diabetes or giving birth to a baby weighing more than nine pounds.

PHD is now accepting participants for the newest DPP group, starting November 1, 2017. The group classes take place on Wednesdays at 3:30 PM at Panhandle Health District. The total cost for the one-year program is $300.00. Scholarships are available. To register or learn more, visit http://panhandlehealthdistrict.org/diabetes-prevention-program or call Alicia Keller at Panhandle Health District at 208-415-5242.

# # #